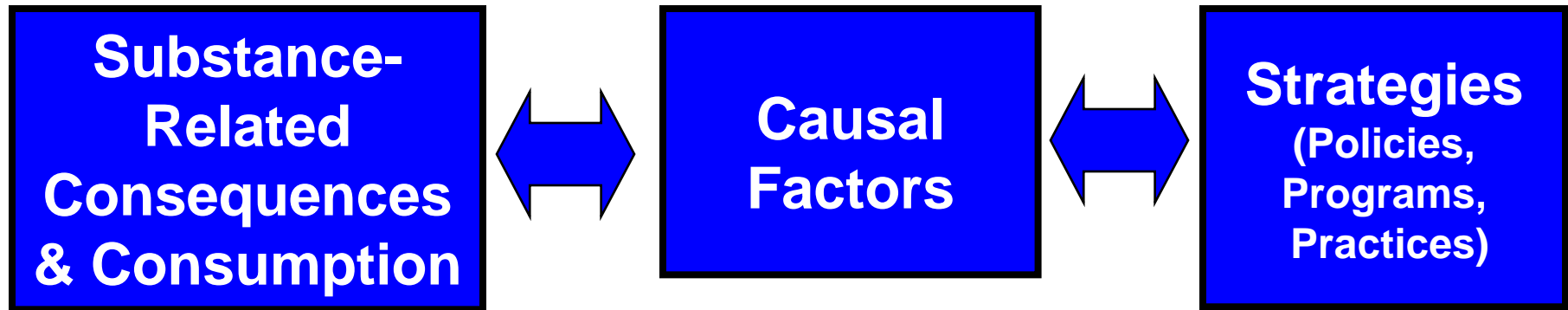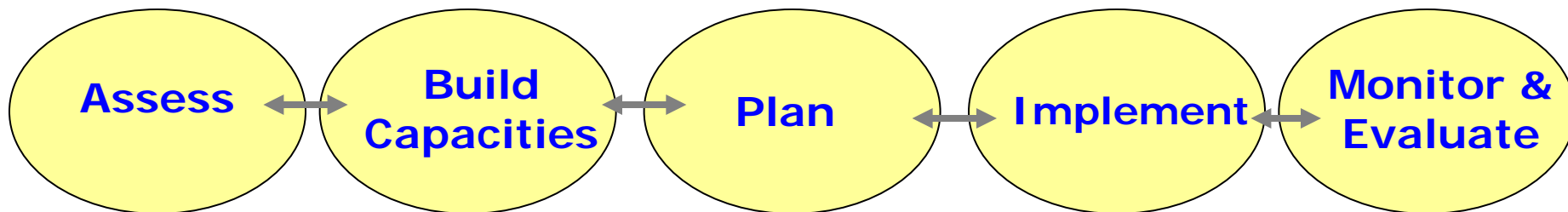# SPF SIG Goals

- Prevent onset and reduce the progression of substance **use**, including underage drinking
- Reduce substance-related **problems** in communities
- Build prevention **capacities**/infrastructure at State and community levels

*Extending our thinking and results –
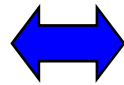from individuals to population-level change*

Outcome-Based Prevention

Substance-Related Consequences & Consumption	⟷	Causal Factors	⟷	Strategies (Policies, Programs, Practices)

Process: **S**trategic **P**revention **F**ramework

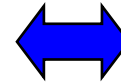| Assess	⟷	Build Capacities	⟷	Plan	⟷	Implement	⟷	Monitor & Evaluate

Where are we in the SPF SIG?

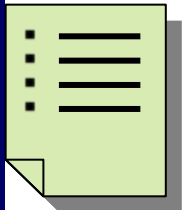| Substance-Related Consequences and Use | ↔ | Causal Factors | ↔ | Strategies (Programs, Policies, Practices) |

State Epi Profile

Determine **State** Priority(s)

Communities: Use the SPF to assess causal factors and determine and implement strategies to address priority(s)

State Plan allocates SPF SIG dollars for addressing priority(s) in communities

The SPF SIG State Plan

- Overview
  - SPF SIG states develop and submit a State Plan to be approved by CSAP **before any SPF SIG funds are provided to communities**
  - Guidance document is organized around the steps of the SPF, with emphasis on Steps 1-3 (Assessment, Capacity, Planning)

Components of the State Plan:
"Using the SPF at the **State** level"

- The State Plan must:
  - Describe the State's prevention priorities, the processes used to define these priorities and the State's proposed approaches for addressing them
  - Show how data-driven decision-making yielded priorities
  - Show how proposed activities and allocation mechanisms help address the identified priorities

Components of State Plan

(CSAP Guidance Document)

- □ **SPF Step #1: Assessment**

    Assessing the Problem (Epidemiological Profile)

    - ■ Description (profile) of the substance related consequences and consumption patterns in the State (baseline)
    - ■ Discussion of how indicators were identified, and what data was collected and analyzed

    Assessing the Systems (Capacity and Infrastructure)

    - ■ Description of State and community level prevention infrastructure and capacity to implement SPF

Components of State Plan (cont.)

(CSAP Guidance Document)

□ **Assessment (cont)**

Criteria and Rationale for SPF SIG Priorities

- Criteria State used to define "critical needs" based on consequence and consumption data (e.g. magnitude, severity, etc.)
- Description of priorities based on data
- Any additional criteria (e.g. capacity, political will, etc.) the State is using to determine priorities
- Description of process used to apply additional criteria

Components of State Plan (cont.)

(CSAP Guidance Document)

- **SPF Step #2: Capacity Building**
  - Proposed approach to ensure capacity building at State and community levels to address priorities established
  - Must include description of areas needing strengthening, planned capacity building activities at both the State and community level and role of SEW during remainder of grant

Components of State Plan (cont.)

(CSAP Guidance Document)

- **SPF Step #3: Planning**
  - Description of State model for allocation of SPF SIG funds to communities (i.e. equity model, highest contributors, highest need, etc.)
  - Description of community-based activities that SPF SIG allocations will support
  - Description of how SPF SIG funds will be allocated to communities
  - Implications of allocation approach on addressing priorities

Components of State Plan (cont.)
(CSAP Guidance Document)

- **SPF Step #4: Implementation**
  - Describe State level activities that will support funded communities in implementing the SPF and addressing identified priorities
    - Assessing problems
    - Assessing causal factors
    - Selecting strategies
    - Develop evaluation
  - Describe State level activities to build capacity and infrastructure

Components of State Plan (cont.)

- **SPF Step #5: Evaluation**
  - Preliminary monitoring and evaluation plan
  - Description of indicators the State expects to change and at what level (community, State)
  - Full evaluation plan not expected until communities complete planning process

- **Cross Cutting Components and Challenges**
  - Description of how plan addresses cultural competency and sustainability
  - Description of how the plan addresses underage drinking
  - Timeline and milestones for SPF implementation

Introduction

The SPF SIG Strategic Plan is composed of three sections:

- **Introduction**
  - Purpose of the Utah SPF SIG
  - SPF SIG Goals and Objectives
- **Epidemiological Profile**
  - SPF SIG Priorities and Problem Statements
- **Strategic Prevention Framework Steps**

SPF SIG Goals

- ☐ Prevent the onset and reduce the progression of substance abuse, including childhood and underage drinking

- ☐ Reduce substance abuse-related problems in communities

- ☐ Build prevention capacity and infrastructure at the state and community levels

SPF SIG Objectives

- **Objective 1:** Profile and analyze the needs, available resources, and readiness to address current gaps and barriers surrounding the delivery of substance abuse-related prevention services in Utah.

- **Objective 2:** Increase capacity and infrastructure among state and local agencies to address identified needs.

- **Objective 3:** Develop a Statewide Comprehensive Strategic Plan identifying programmatic gaps and infrastructure improvements necessary to reduce substance abuse and related behaviors throughout Utah.

- **Objective 4:** Increase the use of evidence-based prevention programs, policies, and practices targeting consumption and consequence priorities.

- **Objective 5:** Monitor and measure the effectiveness of the interventions established to implement the strategic plan.

Outcome-Based Prevention
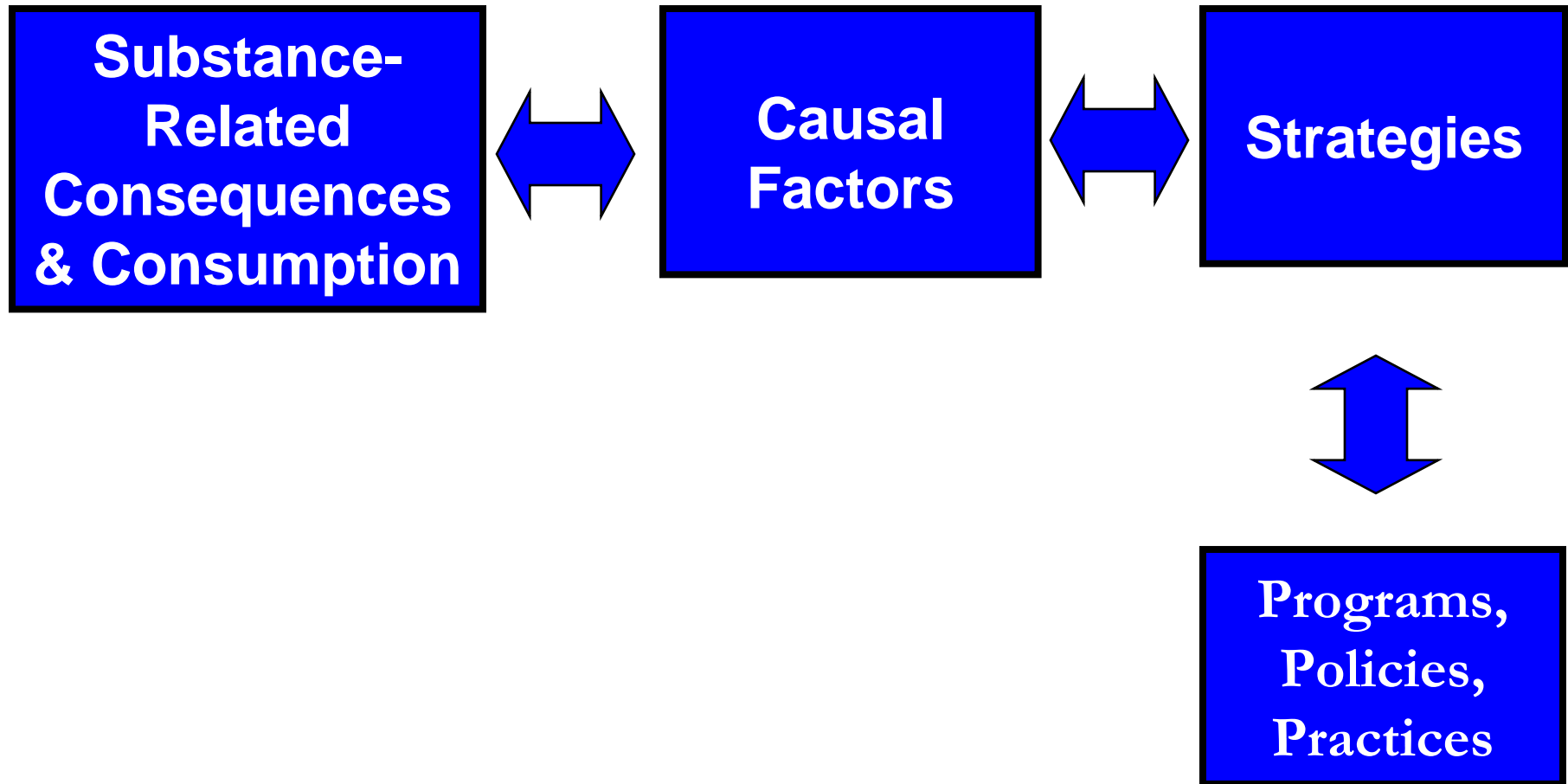
State Role in Outcomes Based Prevention Implementation

- Determine priority problem(s) to be addressed based on consequence(s)/ consumption patterns

- Determine allocation approach for distributing funds to communities based on definition of the problem(s)

- Develop initial logic model identifying
  - Consequence/consumption pattern(s) to be targeted,
  - Causal Factors that contribute to them, and
  - Effective strategies to address risk and protective factors

- Support communities in process of local planning based on State's logic model

Content

Process

Community Role in Outcomes Based Prevention Implementation

- Understand problem to be addressed
- Assess causal factors for planning purposes
- Determine causal factors for intervention
- Choose/implement strategies (effective and relevant) to address causal factors

Goal: Develop outcomes-based logic models that outline a locally defined strategic response for addressing SPF SIG priorities

Process: Strategic Prevention Framework (SPF) steps

Outcome-Based Prevention
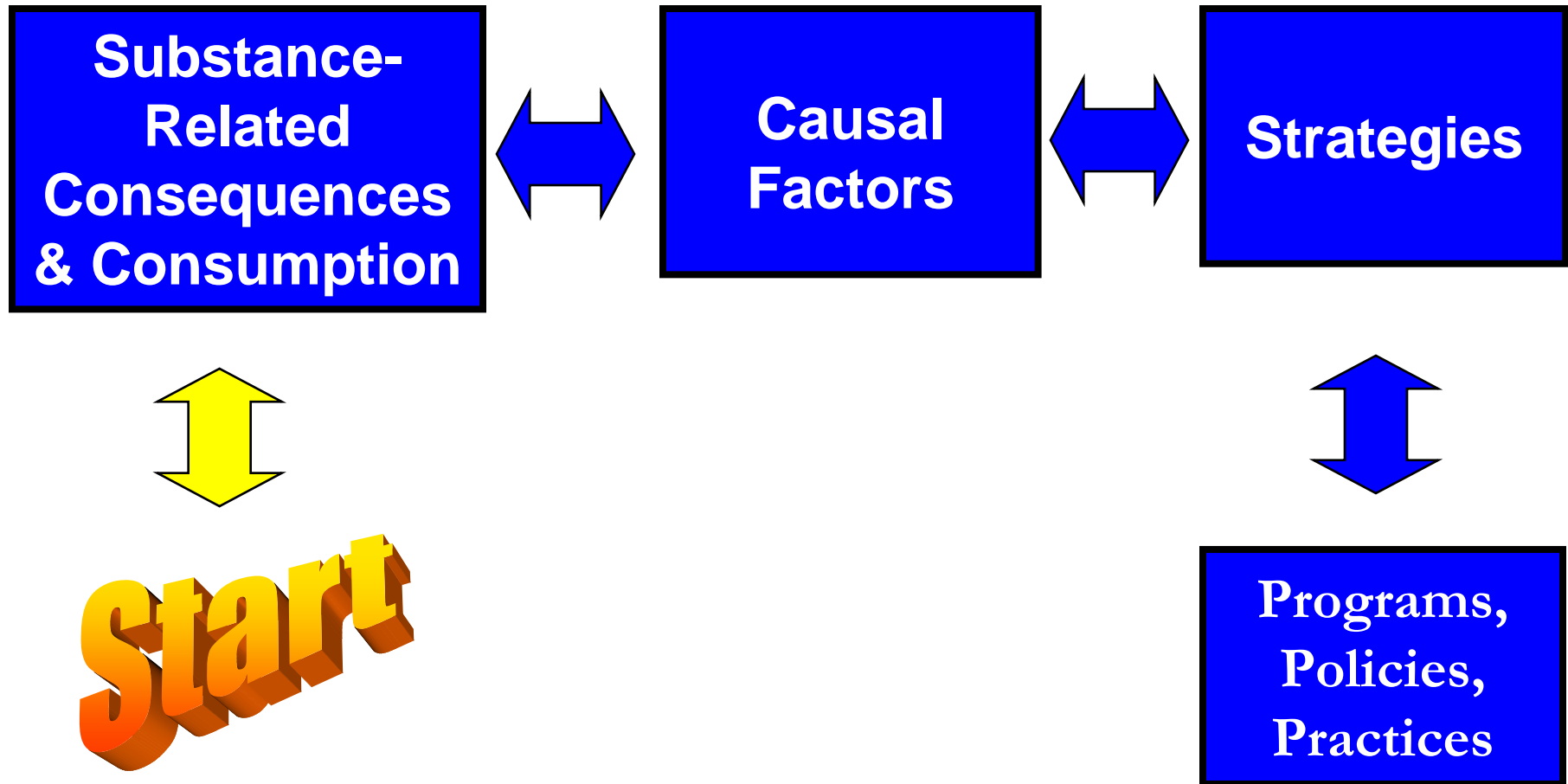
Substance Related Consequences Definition

- Social, economic, and health problems associated with the use of alcohol, tobacco, and other illicit drugs.

- Any social, economic, or health problem can be defined as a substance use problem if the use of alcohol, tobacco, or other drugs increases the likelihood of the problem occurring.
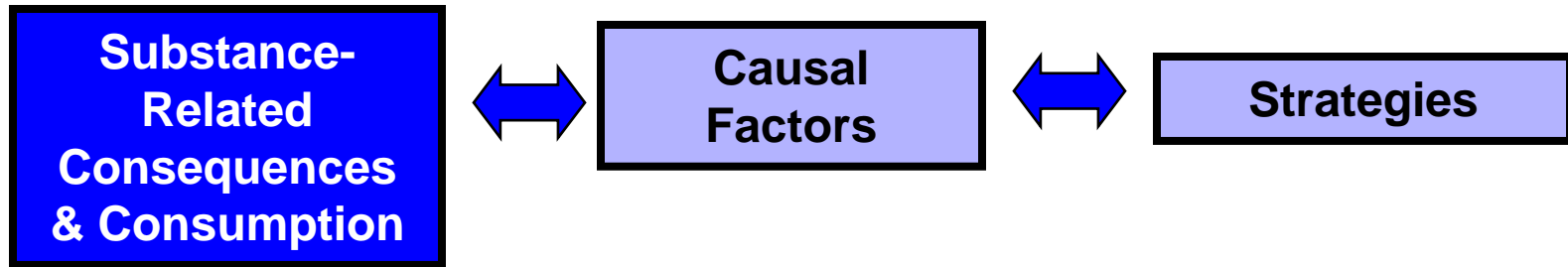
Consumption (Substance Use)

- The way in which people drink, smoke, and use drugs is linked to particular Substance-Related consequences.

Examples:

- Underage Binge Drinking
- Adult Binge Drinking
- People riding in a car with a drinking driver
- Drinking and driving

Substance Use **Consumption** Patterns

Substance-Related Consequences & Consumption	⟷	Causal Factors	⟷	Strategies

- ☐ Overall consumption
- ☐ Acute, heavy consumption
- ☐ Consumption in risky situations
  - ■ Drinking and driving
  - ■ Smoking around young children
- ☐ Consumption by high risk groups
  - ■ Youth, college students, older groups
  - ■ Pregnant women

Substance Consumption Patterns

<u>Example</u>:

The risk of a fatal traffic crash is increased when the driver has been drinking

One substance **consumption** pattern that may contribute to Utah **Alcohol-Related Motor Vehicle Deaths** is **heavy binge drinking**

SPF SIG Community Logic Model

Reducing alcohol-related youth traffic fatalities

Substance-Related Consequences	Substance Use	Causal Factors	Strategies (Examples)

High rate of alcohol-related motor vehicle deaths among 18 to 25 year olds

Causal Factors
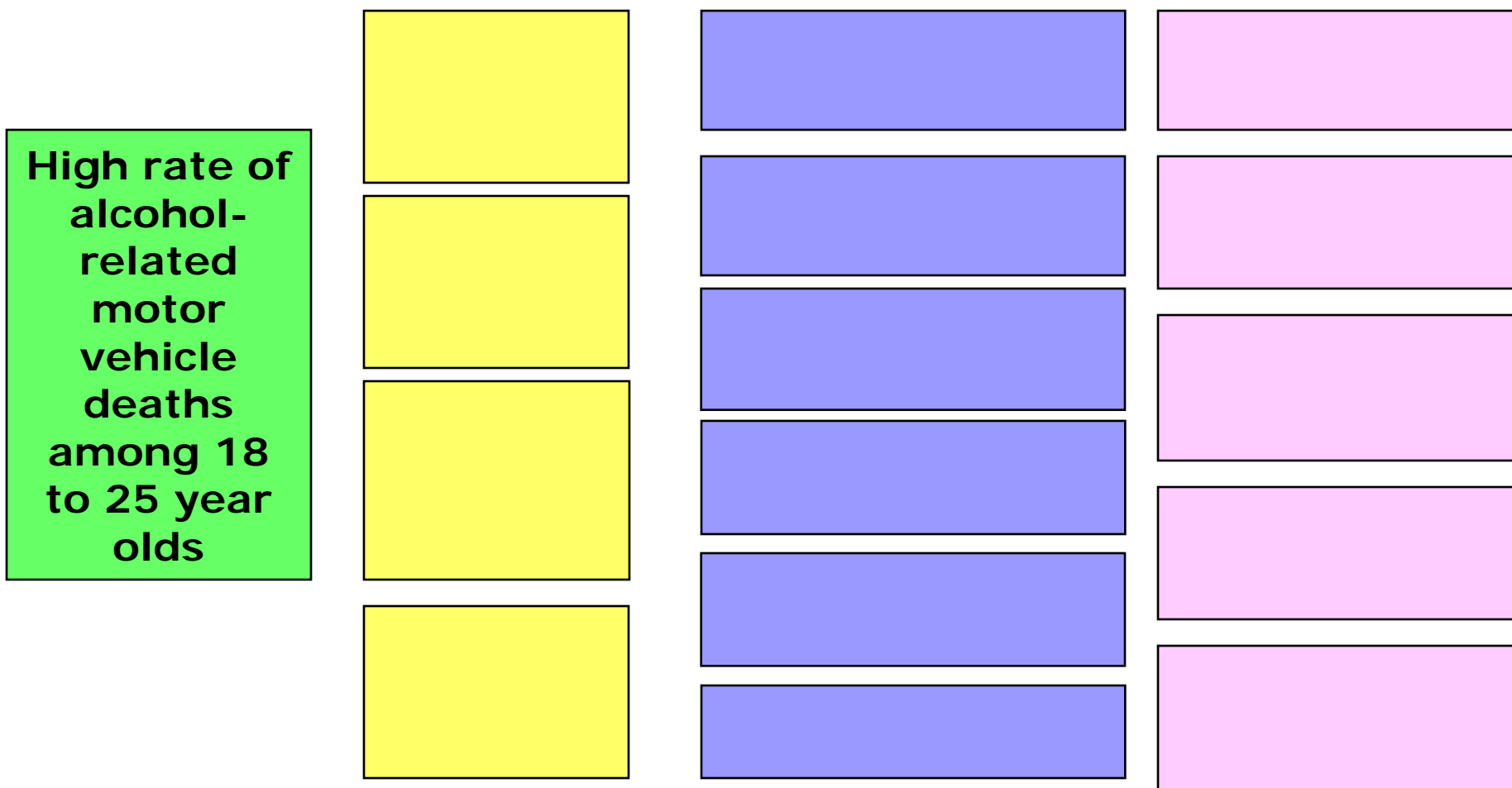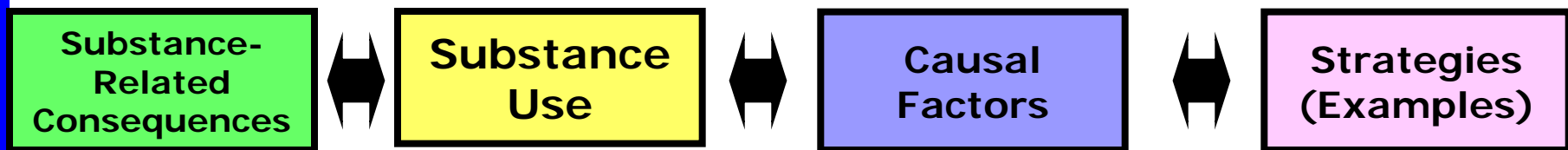
Substance-Related Consequences & Consumption	↔	**Causal Factors**	↔	Strategies
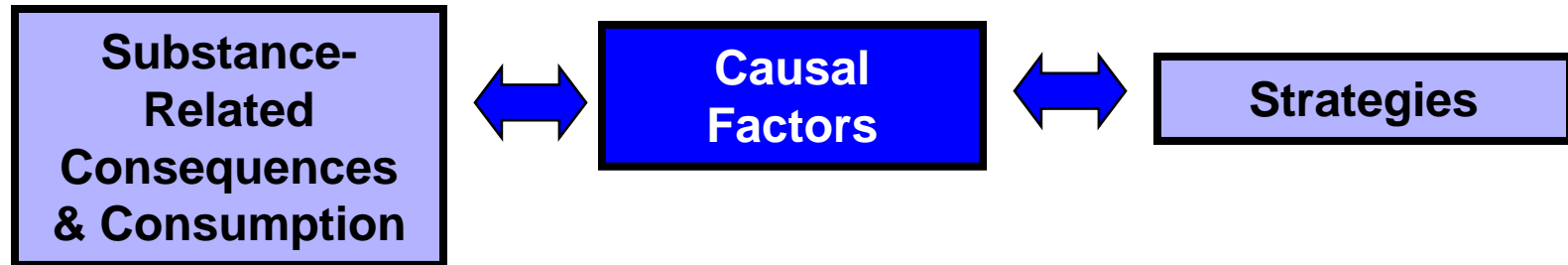
- Factors that have been identified as being strongly related to and as **influencing** the occurrence and magnitude of substance use (**consumption** patters) and the **consequences**.

Causal Factors (Examples)

Substance-Related Consequences and Use	⟷	Causal Factors	⟷	Strategies
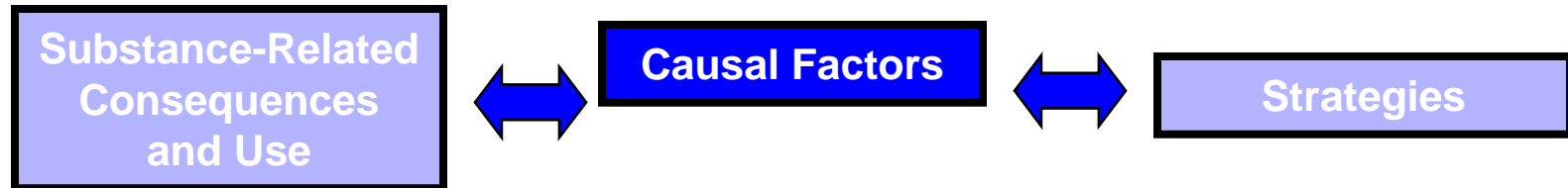
- ❑ **Community** Level Factors
  - ■ Availability of substances (price, retail, social)
  - ■ Promotion of substances
  - ■ Social Norms regarding use
  - ■ Enforcement of Policies and Social Norms

- ❑ **Individual** Level Factors
  - ■ Perceptions of risk and harm
  - ■ Positive attitude toward drug use

SPF SIG Community Logic Model
Reducing alcohol-related youth traffic fatalities

Substance-Related Consequences	Substance Use	Causal Factors	Strategies (Examples)
High rate of alcohol-related motor vehicle deaths among 18 to 25 year olds			

Choosing Strategies
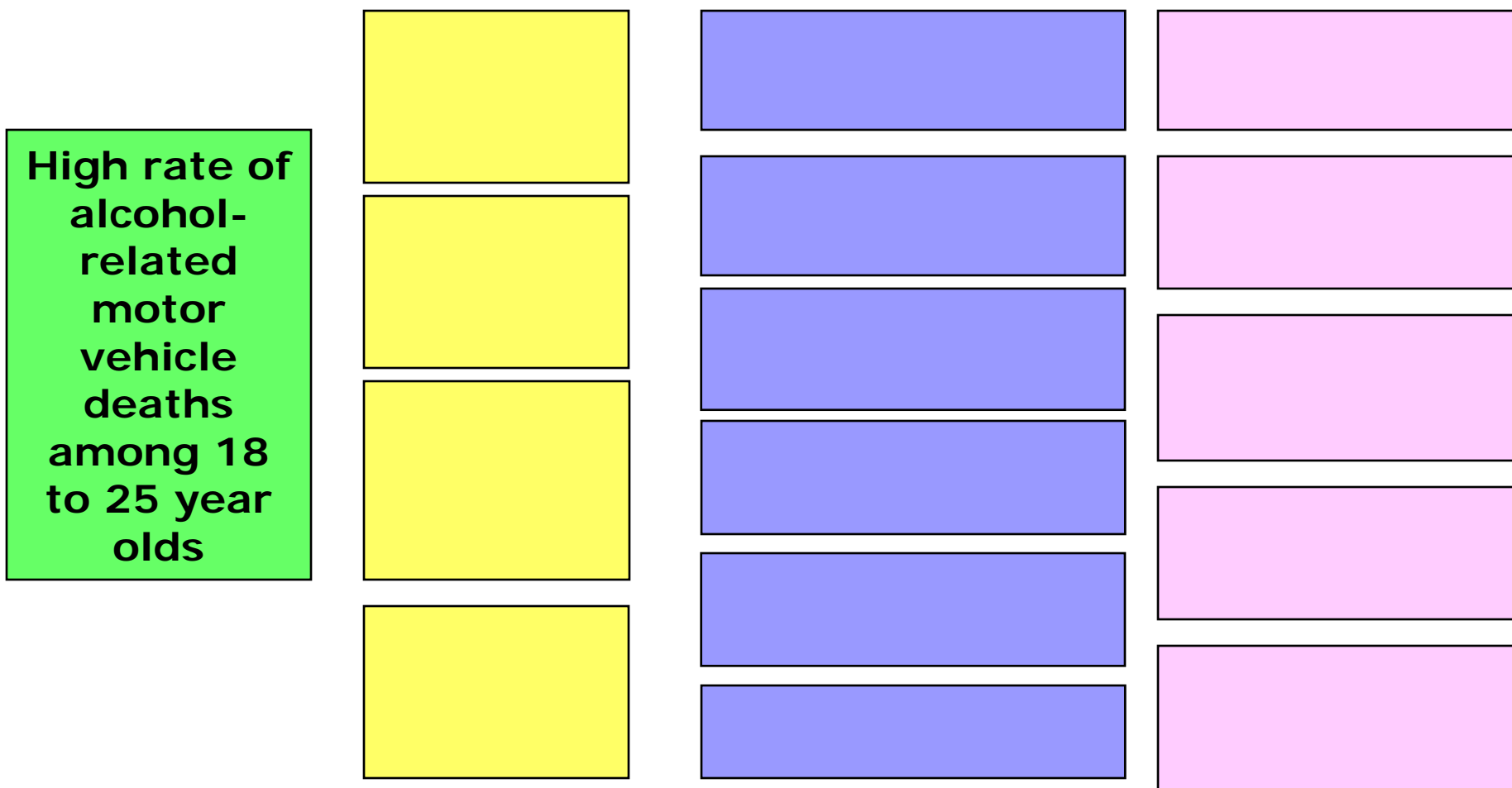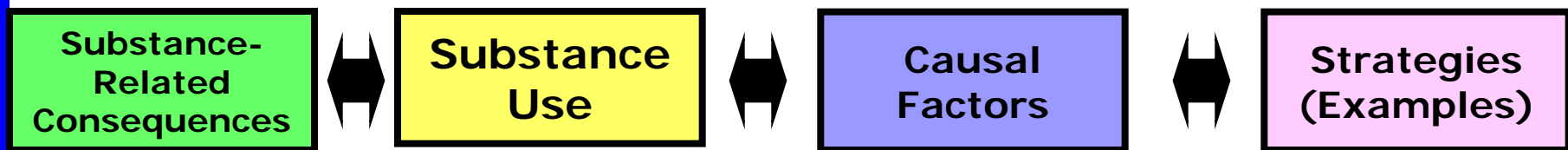
| Substance-Related Consequences & Consumption | ⟷ | Causal Factors | ⟷ | Strategies |
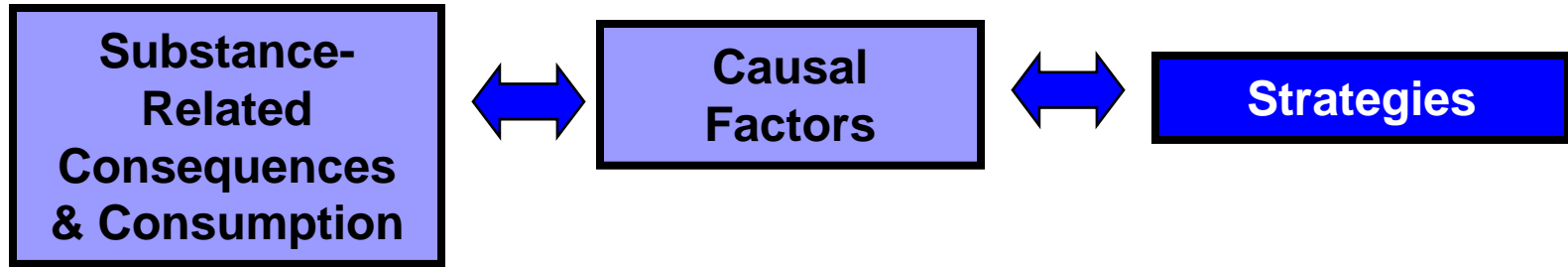
- ☐ Must be evidence-based

- ☐ Must address the targeted consequence or consumption pattern of concern

- ☐ Must address the causal factors believed to be involved

SPF SIG Community Logic Model

Reducing alcohol-related youth traffic fatalities

| Substance-Related Consequences | ⬌ | Substance Use | ⬌ | Causal Factors | ⬌ | Strategies (Examples) |

High rate of alcohol-related motor vehicle deaths among 18 to 25 year olds
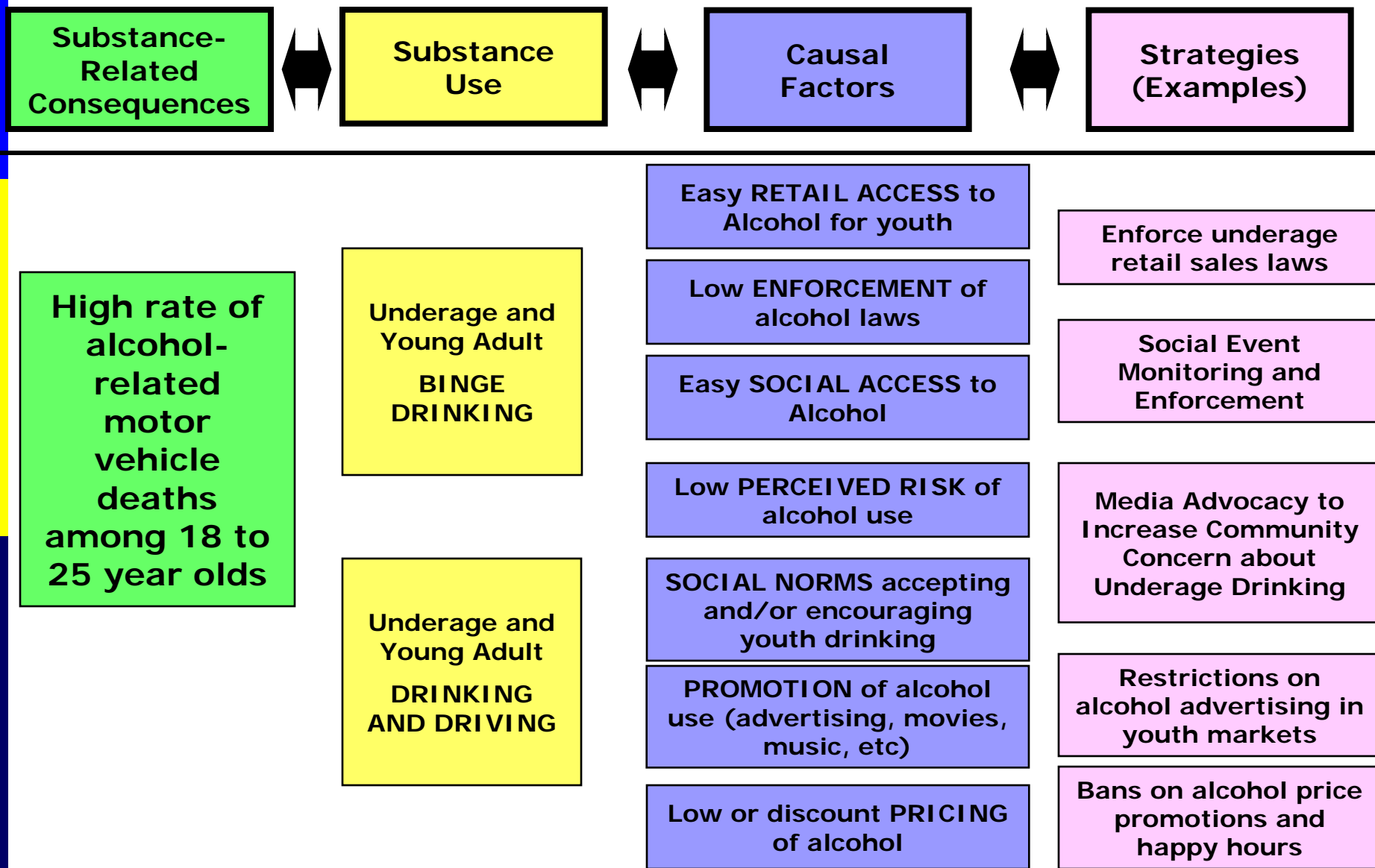
SPF SIG Community Logic Model
Reducing alcohol-related youth traffic fatalities

Substance-Related Consequences	⬌	Substance Use	⬌	Causal Factors	⬌	Strategies (Examples)

High rate of alcohol-related motor vehicle deaths among 18 to 25 year olds

Underage and Young Adult BINGE DRINKING

Underage and Young Adult DRINKING AND DRIVING

Easy RETAIL ACCESS to Alcohol for youth

Low ENFORCEMENT of alcohol laws

Easy SOCIAL ACCESS to Alcohol

Low PERCEIVED RISK of alcohol use

SOCIAL NORMS accepting and/or encouraging youth drinking

PROMOTION of alcohol use (advertising, movies, music, etc)

Low or discount PRICING of alcohol

Enforce underage retail sales laws

Social Event Monitoring and Enforcement

Media Advocacy to Increase Community Concern about Underage Drinking

Restrictions on alcohol advertising in youth markets

**Bans on alcohol price promotions and happy hours**

Why Outcome-Based Prevention?

- Focuses on and attends to the SPF SIG goals (*reducing use and related problems*)

- Increases the likelihood of targeting significant problems (data-guided)

- Identifies and targets key causal factors contributing to consequences/consumption

- Links strategies to key causal factors and ultimately consequences/consumption

- Builds a basis for ongoing monitoring and evaluation activities to track and improve prevention efforts

Lead with results, not with programs

Outcome-Based Prevention
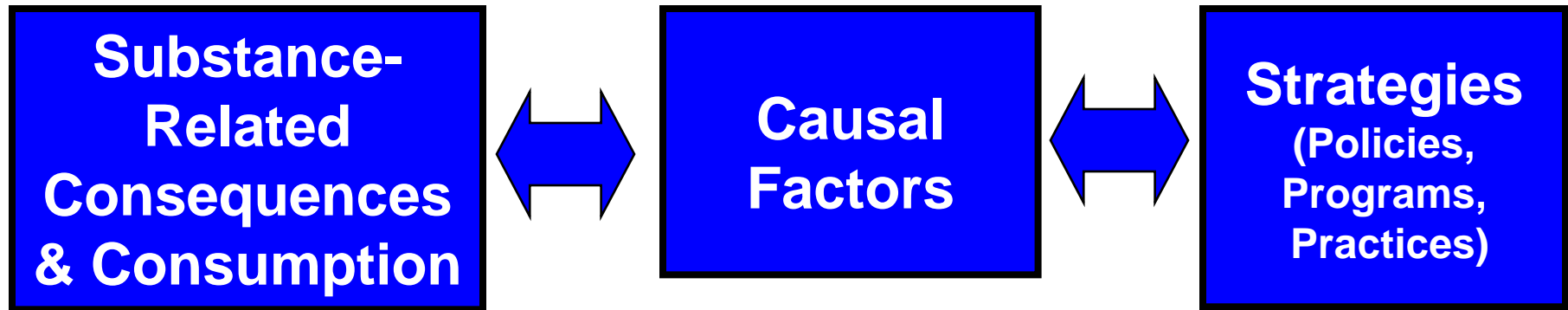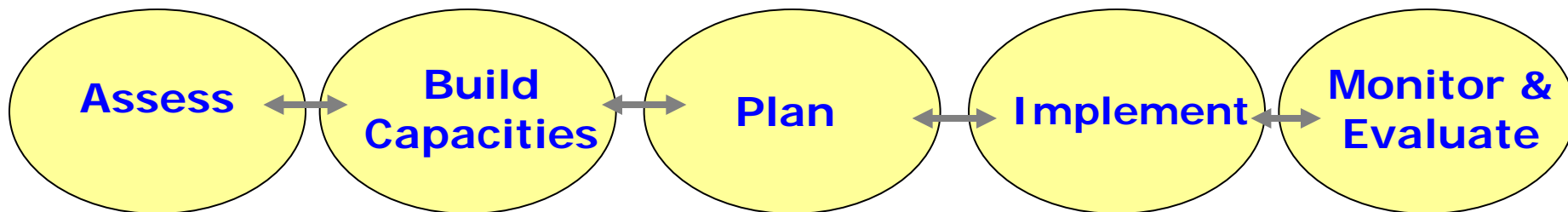
SAMHSA's
Strategic Prevention Framework
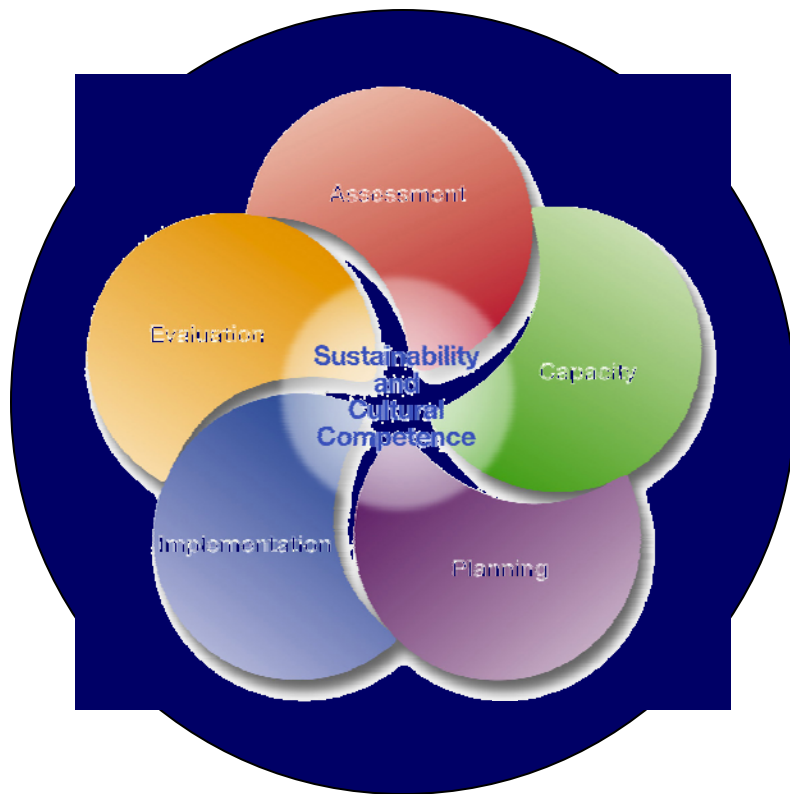
Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Mobilize and/or build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

Monitor, evaluate, sustain, and improve or replace those that fail

Key Principles of the SPF

- Core Values
    - Cultural Competence
    - Sustainability
- Public Health Model
- Outcome based prevention

Cultural Competence

- A set of congruent behaviors, attitudes, and policies that come together in a system, agency or among professionals and enable that system, agency, or those professionals, to work effectively in cross cultural settings

Sustainability

- Applies to more than funding
- Sustains outcomes not strategies
- Think sustainability from the beginning
- Look to the system to sustain outcomes
- Sustain prevention, by strengthening…
  - Organizational capacity
  - Effectiveness of programs, policies, practices
  - Community support for prevention

Public Health Model

- A public health approach focuses on change for entire populations and/or communities – the goal is sustainable community change
- Population-based public health focuses efforts across the lifespan

Public Health Model
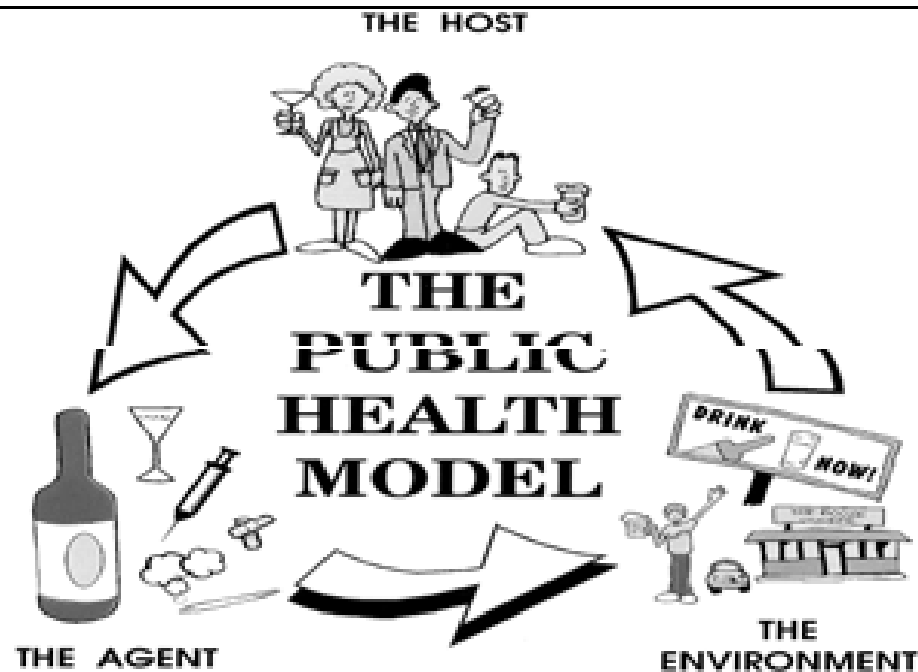
Outcome Based Prevention

- Documenting the nature and extent of the consumption and consequences is critical for determining causal factors and selecting strategies to address them
- Outcomes can be measured in terms of changes in causal factors and related use and consequences
- Evaluation of outcomes is used to enhance and inform ongoing planning

SPF Step #1

Assessment

How do I conduct an assessment?

- ☐ Define your community
- ☐ Create an assessment profile (consequences, consumption, causal factors, resources, gaps)
- ☐ Implement a community readiness tool
- ☐ Assess community capacity for prevention
- ☐ Choose priority consequences, consumption, and causal factors

Assessment Basics

1. Review data
   - State epidemiology reports
   - Local data sources
2. Select consequences based on data
3. Prioritize identified consequences
4. Develop logic model using identified consequences
5. Conduct other assessments based on identified consequences (ex., resource and community readiness)

What is Community Readiness?

The community's awareness of, interest in, and ability and willingness to support substance abuse prevention initiatives

Community Readiness Assessment Tools

- Tri-Ethnic Center Survey (http://triethniccenter.colostate.edu/index.cfm)

- Community Readiness Survey, MIPH (www.miph.org)

- Community Partner Institute Survey (*http://p2001.health.org/Cti01/suhopm4e.htm*)

SPF Step #1 - Assessment (cont.)
Assessing Capacity

Assessing your human, technical, financial, and organizational **resources**:

- ❑ To collect and analyze data
- ❑ To bring about changes in consequences, consumption patterns, and causal factors
- ❑ To tap into existing strengths
- ❑ To build infrastructure to support strategy implementation

Examples of Capacities

State level

- Knowledge of cultural protocols in sub populations

- Workforce knowledge, skills and competencies

- Infrastructure, such as coalitions

- Sub-population's capacity in prevention (e.g., Boys and Girls clubs)

- Data systems

Community level

- Community organizations collaborating on addressing ATOD-related problems

- Leadership within the coalition and the community to engage in solving ATOD and other related problems

- Prevention knowledge at the community level

- Resources that are allocated and available to address ATOD problems

SPF Step #2 – Building Capacity
(Mobilizing Resources)

- Convening key stakeholders, coalitions, and service providers to plan and implement sustainable prevention efforts

- Strengthening education and leadership

- Mobilizing financial and organizational resources

SPF Step #2 – Capacity
Some Ways to Build Capacity

State Level

- Enhance workforce development
- Improve data systems
- Support planning infrastructure (e.g. coalitions)
- Enhance knowledge of and work with sub-populations

Community Level

- Ensure the prevention coalition reflects the make-up of the community
- Enhance how the coalition operates (i.e. structure, decision making, and planning)
- Build the community's resources that support programs, practices and strategies to address ATOD
- Build sustainable outcome-based systems

Outcome-Based Prevention
Logic Model

Substance-Related Consequences & Consumption ⟷ **Causal Factors** ⟷ **Strategies**

↕

Programs, Policies, Practices

Focus Capacity Here

Focus Capacity Here
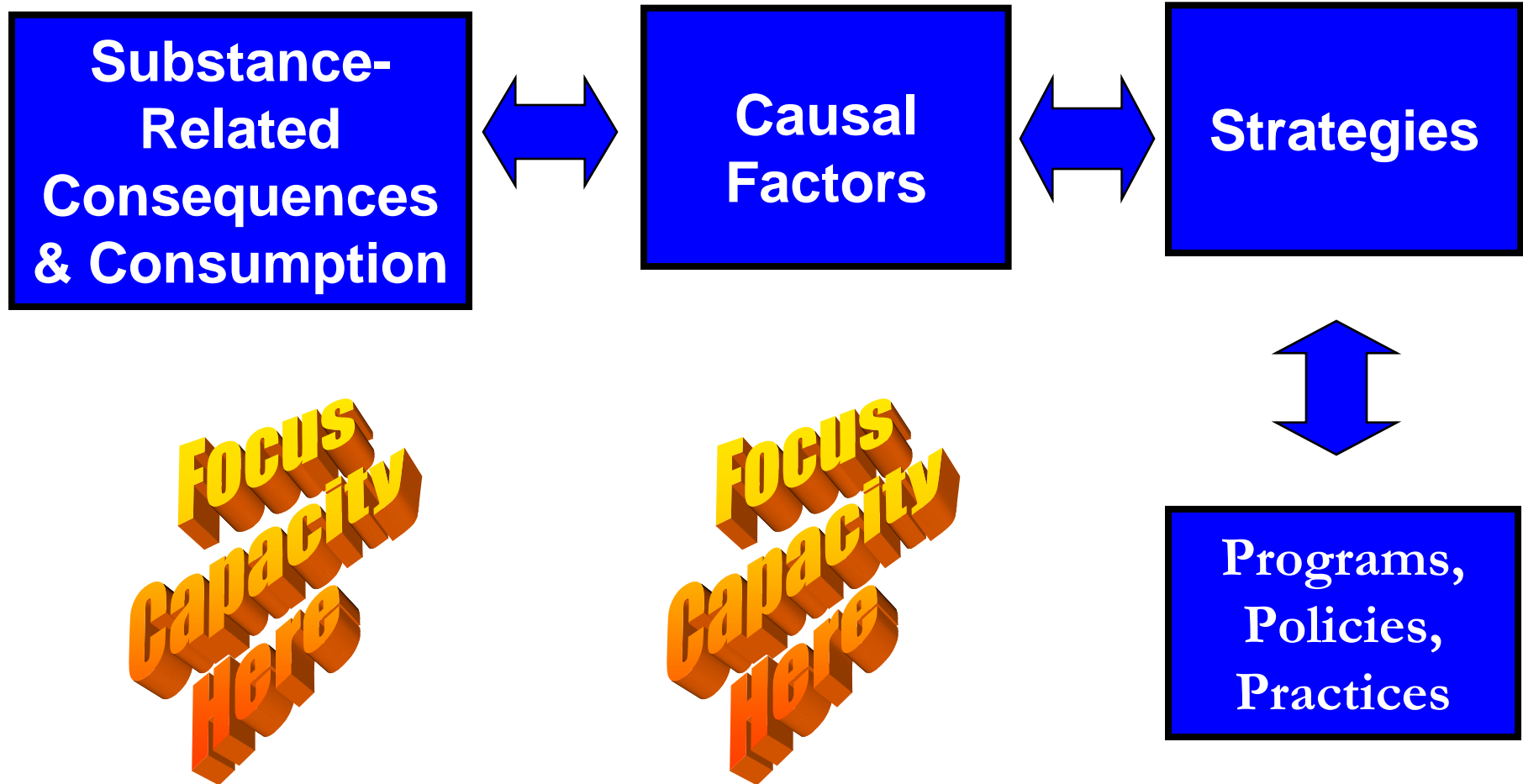
Building Capacity Discussion Questions

1. Who are the key stakeholders?

2. How will key stakeholders be involved in prevention interventions to impact the selected consequences?

3. Who will be involved in evaluating the capacity to meet the identified needs?

4. How will cultural competence be assessed as part of the current capacity evaluation?

5. <u>What can be done to build capacity</u>?

SPF Step #3 – Strategic Planning

- ☐ Our Logic Model and process is data driven

- ☐ Capacity is built around Causal Factors identified in assessment

- ☐ The Strategic Plan will take everything you have learned from your data and turn that into a prevention implementation guide

Questions to Consider

- What type of prevention intervention planning has occurred in the past in your community?

- What types of resources will your community need in order to develop a strategic plan?

SPF Step #3 – Strategic Planning

- Identify evidence-based **strategies** that

  - address each Causal factor

  - logically link to the consumption and consequence problems identified in Step 1

- Identify and implement evidence-based programs, practices, and policies to carry out your strategies

Prioritizing Causal Factors

- Before the strategic plan can be developed, Causal Factors must be prioritized

- Prioritization may be based on:
    - Severity
    - Capacity
    - Changeability
    - Political will

Strategic Planning Process

For each priority Causal Factor:

- Identify goal for Causal Factor

- Identify evidence-based strategies to address each causal factor

- Select evidence-based programs, practices, and policies for each strategy

- Create action steps for implementation

Easy Retail Access

Low Perceived Risk

Low Enforcement

Low Prices

Promotion

Social Norms

Social Access

Substance Use

18-25 year olds involved in alcohol-related motor vehicle deaths
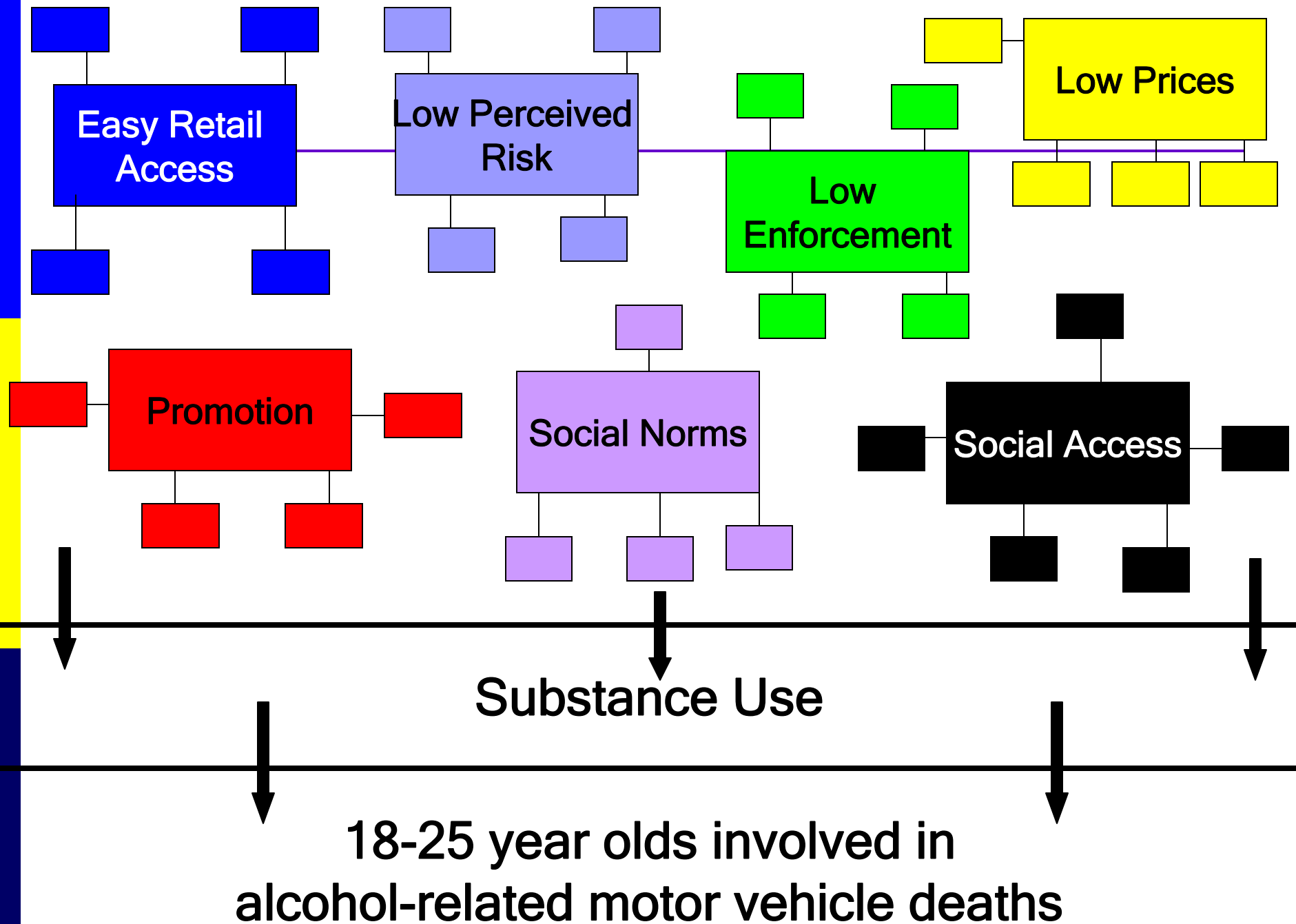
Example: Logic Model for Reducing Underage Drinking

Substance-Related Consequences	⟷	Substance Use	⟷	Causal Factors	⟷	Strategies (Examples)

Alcohol-related crash fatalities

Alcohol Poisoning

Violent Crime

School Problems

Teen Pregnancy

← **Underage drinking**

Easy Retail Access to Alcohol for youth ← **Educate retailers to check ID and enforce underage sales law**

Low enforcement of alcohol laws ← **Enforce underage alcohol laws (compliance checks, sobriety checkpoints)**

Easy Social Access to Alcohol (parties, peers, family) ← **Social Event Monitoring and Enforcement**

Social Norms accepting and/or encouraging youth drinking (peer, family, community) ← **Media Advocacy to Increase Community Concern about Underage Drinking**

Promotion of alcohol use (advertising, movies, music) ← **Restrictions on alcohol advertising in youth markets**

Low or discount pricing of alcohol ← **Bans on alcohol price promotion/happy hours**

IV = Low Enforcement

Strategies

Programs, Policies

Outcomes

Community Change

- Sobriety Check Points
- ID compliance checks
- Merchant Education
- Rewards for not Selling to intoxicated patrons
- Media Campaign

- "X" Checkpoint Training Program
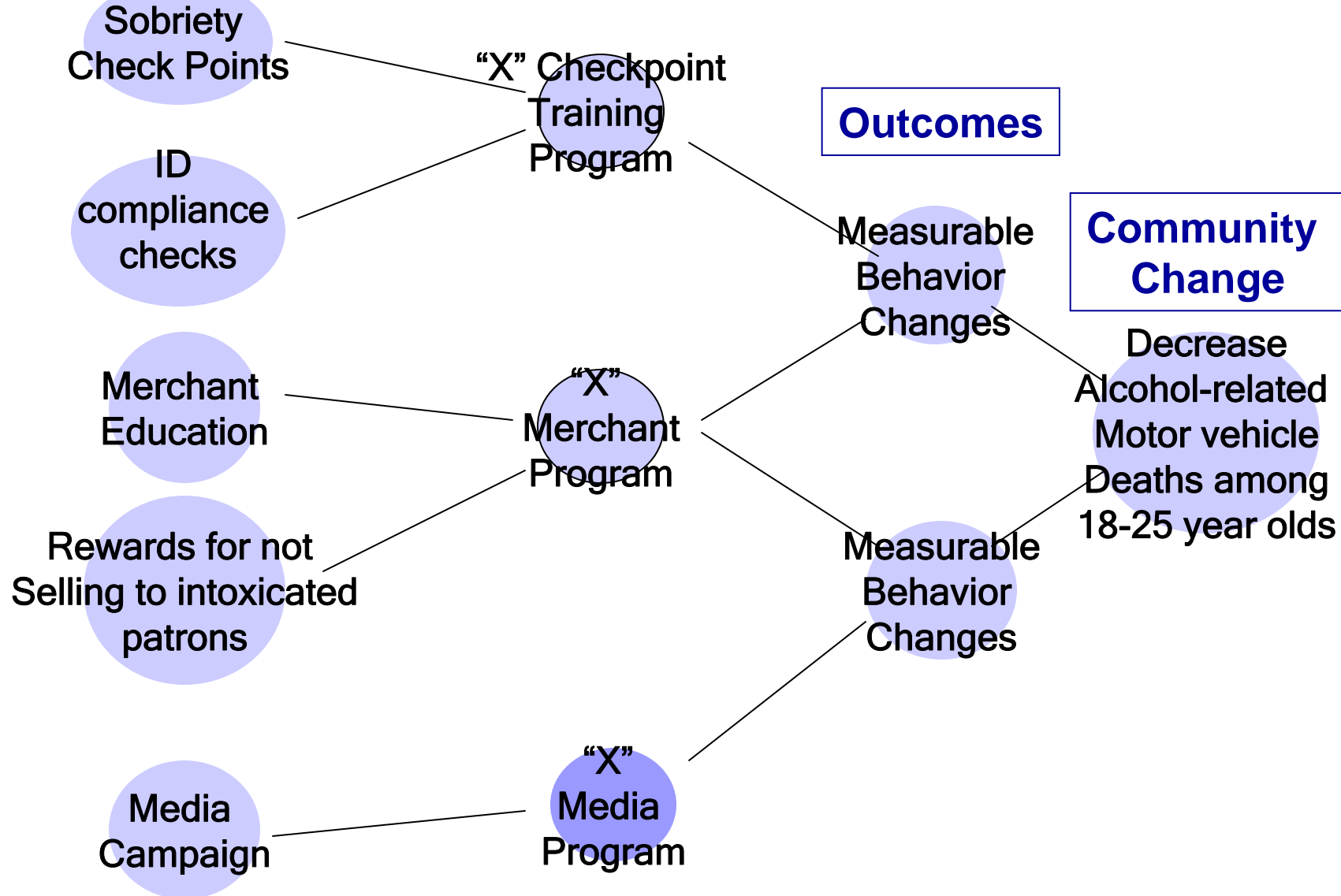- "X" Merchant Program
- "X" Media Program

- Measurable Behavior Changes
- Measurable Behavior Changes

Decrease Alcohol-related Motor vehicle Deaths among 18-25 year olds
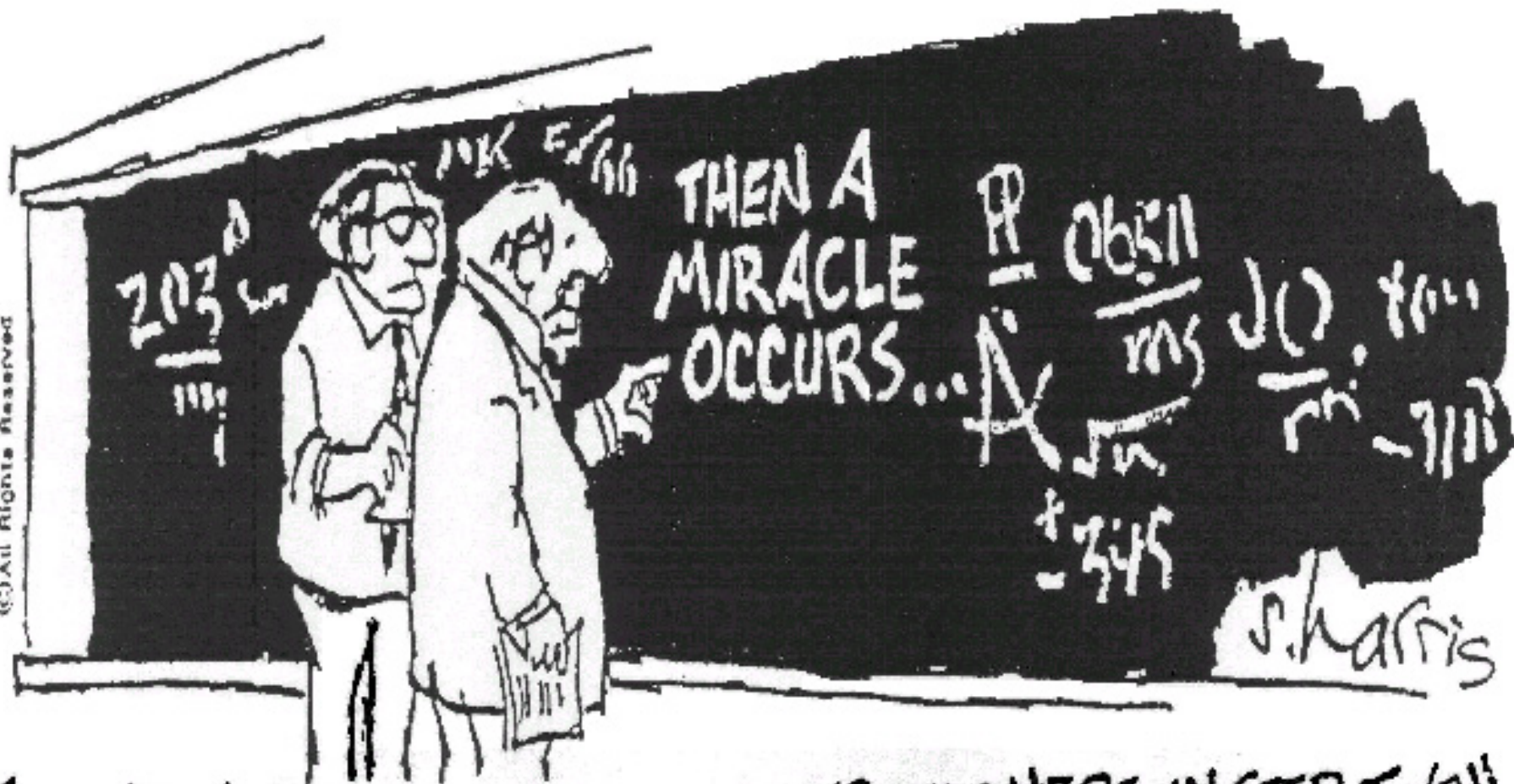
Strategic Planning Process (cont)

After programs, policies or practices have been selected

- Develop <u>program</u> logic models

- Develop implementation plans and implement programs, policies and practices

- Design evaluation plan

Sample Program Logic Model

GOALS	RISK AND PROTECTIVE FACTORS	FOCUS POPULATION	STRATEGIES	"IF-THEN" STATEMENTS	SHORT-TERM OUTCOMES	LONG-TERM OUTCOMES
A. To address this substance abuse or related problem:	**B.** By addressing these risk and protective factors:	**C.** For these people:	**D.** We will do the following program activities/strategies (what, where, and how much):	**E.** We expect that this activity will lead to changes in these risk/protective factors, which in turn will lead to our program goal:	**F.** We will know these changes have occurred if:	**G.** We will know we are reaching our goals if:
1. Logic Model:						
2. Evaluation Questions:						

Types of logic models

- **<u>Community</u> level logic model**
  - Outlines the theory behind a problem and connects the actions to address it, with population (community) level outcomes in mind

- **<u>Program</u> level logic model**
  - Outlines the theory behind and contribution of specific intervention activities to change individuals or groups